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CAPE MAY COUNTY SQUADRON CIVIL AIR PATROL

SQUADRON

Civil Air Patrol/Cape May

From the Commander

I am looking forward to presenting another Family and Friends Night with plenty of awards for all, coming up on 20 February 2009. This kind of event really is enjoyable for me to be-cause I am able to present special awards to deserving members of our squadron who work hard all year round to help our squadron grow and prosper.

Another area I am looking forward to working on is Parental Involvement with our squadron. It seems like too many parents are unaware that they too can help out, as much or little as they want to by becoming Cadet Sponsors or Patron Members. This membership enables them to have a sense of belonging with out directly getting involved with the everyday activities of the squadron. They can work with our Staff to plan events, fund-raising and to indirectly assist their cadet move more effectively in Civil Air Patrol without interfering with their overall responsibilities to the squadron and themselves. If you would like the opportunity to help us help your cadet, feel free to speak with either LtCol Richard Simon or myself on becoming a Patron or Sponsor Member, this is your way of being behind the scenes and helping your child without being directly with them. Support your child's

well being by becoming a member of the Best Squadron in New Jersey!

Thank you to all who came out on Sunday, 25 January 2009 to Belleplain State Forest to train with the Palisades K-9 Search and Rescue Association and the New Jersey State Park Police K-9 Units. We had a very good time training and being victims. The following members were in attendance; 1Lt Diana Akeret, C/MSgt Craig Coughlin, C/Amn Fontaine, C/Amn Edwards, 2Lt Evan Kooker, 1Lt Sandra Kooker, Captain Tony Simon, and myself. It was a very long and cold day, but I believe we learned a great deal this day and look forward to this training again. Good Job 1Lt Akeret with all the classroom and field training!

I really want to stress the importance of completing your required ICS Course Training. The Wing is down approx. 50% from it's strength at the end of December 2008. We need everyone who intends to train for any Emergency Service Mission, whether Actual Missions or Training Missions, to complete the required ICS Courses in short order. You need to complete GES and ICS-100 to be qualified for GES, the old 2nd part of the CAPT-116 is no longer valid, you need ICS-100 to finish your GES

Qualification. If you need help to locate and know what courses are required, look on our web page under ICS Course Links and all the information is posted there. When you have completed the courses, look on the Wing Web Page under NIMS Checklist and follow this checklist to submit the Certificate so it will be posted onto your 101 Card for record. Any questions about this, contact either 2Lt Evan Kooker or myself for instructions. I need everyone to complete these courses very quickly so we can get our squadron back up to full strength.

The annual Wing Conference is coming in early April 2009, this will be a 1 day event at Club Dix, Fort Dix, New Jersey. Watch for the announcement on NJCAP with instructions. The first 300 members will attend the conference, the price will be the same for everyone, it also includes the Commanders Buffet Lunch.

I want to say congratulations to Cadets Kooker and Quinn on their nominations and acceptance to Academies recently. Cadet Quinn was accepted to the Valley Forge Military Academy, which is a Prep School for the Military Academies, and Cadet Kooker received his nomination letter to the United States Air Force Academy. These are remarkable achievements and well worth a giant pat on the back. We wish you well at your Academies and look forward to great things from you both.

Very soon we are going to start to work on our squadron transition phase, we will be moving Supply to the Cadet Staff area, and the Cadet Staff Area will be in the old rest-room after some conversions to be made. We will have a computer lab set up in the room for cadets to use for the upcoming online testing and for new senior members can take their required courses. The old Supply room will become the Pilot Area for our

pilots to use and we will have computers set up in their room to use as well. So a lot of things are happening very quickly and I am sure there will be more changes to come in the coming year, so look for the information to come down and help pitch in so we can become more successful.

“SEMPER OPTIMUS “

Kevin L. Barstow, Captain/CAP



Administration

As a reminder to all members, all forms must be typed. Current forms and regulations are found at http://members.gocivilairpatrol.com/forms_publications_regulations/.

Also, CAPF 5 packages will no longer be kept in the file cabinet. All pilot certification materials are available on the Operations page of the NJ Wing website. <http://www.njwgc.cap.gov/Operations/index.html>

Personnel

It is each member's responsibility to keep track of what is required for promotion. This includes senior members. Cadet requirements are found in the CMCCS OI 3-07. Senior Officer requirements are found in CAPR 39-3.

LtCol Richard Simon

Cadet Program

Cadets,

This month we would like to begin our strive for excellence for this year. Our goal for this year is to promote more rapidly and to recruit more cadets. At the beginning of the year, we officially had 16 cadets on our rolls; this year we would like to see our cadet force increase by 25%. This increase is roughly four new recruits. As of the time of this writing we have two prospective cadet members. We are also planning visits to our local junior high schools for a presentation of our cadet program benefits.

This month is going to busy. On February 20th, we are planning our Family and Friends Night. It will be very nice to see our cadets promoted in front of their friends and family. Cadets, if you need anything from Supply, please use your chain of command to get your items.

Capt Tony Simon

Deputy Commander for Cadets, NER NJ-009

A Note From the Cadet Staff

Good Evening cadets.

The last few weeks have had some improvements, but we have some things to work on. We have had many outside activities that we have attended. It is always good when we can participate in such activities. An area that needs to be worked on is the attendance at the meetings. We have many people in our squadron, but as a group we need to work on getting those people here on a regular basis. The more people who attend, the more activities that can be participated in by each member in the squadron.

We have also have had a change in the chain of command. C/Capt Kooker is now the Cadet Commander. With these new changes, come new ideas to help the squadron grow and become more efficient. New ideas from anyone in the squadron are well appreciated, and should be sent up the chain of command.

In conclusion, there have been changes in the squadron that have been made, but without the attendance and participation from every cadet in our squadron, we will never see these improved changes take effect. Let's make Cape May County Composite Squadron the best it can be.

C/2Lt Michael Quinn

Cadet Executive Officer, NER NJ-009

Testing

Cadets:

For the new cadets let me introduce myself. I am Senior Member Nancy Simon, the Assistant Testing Officer for the squadron. I do not have rank but I am accorded all the custom and courtesy of an officer. I am the person you go to when you want to test for promotion. I am usually at the building by 6:15 so there will be plenty of time for testing. There are just a couple of "rules" to follow-1) you must have your ID card with you in order to test, 2) you are allowed only 1 test per week and 3) when you pass your test we will correct it together for 100% accuracy. If you happen to flunk the test, I am able to give you the areas of study you need to improve but I am not able to give you the exact questions

(Continued) that you missed. If you are having trouble with a particular test, you are able to take it twice before your assigned mentor will get involved with helping you. Please do not feel stupid for needing mentoring. Your turn will come to be the mentor for a new cadet and the help you receive will enable you to progress faster in rank and responsibilities.

The Curry, your 1st area for testing should be taken within a couple of months of receiving your new member package. This test is 2 parts: the 25 questions and then drill. You must pass the 1st part before you take the drill. One area that has most new cadets flustered is knowing the different rank insignias- both noncom and commissioned and both cadet and senior members. There is no Aerospace test for this rank.

It is also your responsibility to keep track of which Aerospace test you have taken. There are 6 chapters and may be taken in any order you wish-just keep track as it is a waste of your time and mine to repeat a passed test.

Please make sure your promotion paper is signed off and kept up to date.

I have been very pleased with the testing that was done for 2008 and I look forward to 2009 as a banner year for promotions. Please remember that you need to test and promote in order to maintain your standing as a cadet. The Commander has told us that National now will be looking at each cadet's standing when you go to renew so lets make 2009 a great year for promotions. Any questions? Make sure you follow your chain of command.

SM Nancy Simon

Cadet In the Spotlight

Name: Dylan Rutherford

School: Cape May Tech

Age: 15

Grade: 10th

Excuse me if I brag about: my running skills

If I could invite four people to dinner, I would invite: ?

And we would discuss at dinner: ?

If I could be invisible for one hour, I would: spin a rifle in a crowd of people

My favorite singing group: Led Zeppelin

The one TV show I'm glued to is: Family Guy

If I could eat three things for the rest of my life, they would be: veal parm, prime rib, mashed potatoes

The worst movie I ever saw was: Delta Force

The best movie I ever saw was: Saving Private Ryan

The person I look up to most is: my parents

If I could have anything in the world, I would want: an 82' yacht

My first real job after college will be: line chef in a kitchen

You will never see me wearing: a chicken suit

If I could change one thing about myself it would be: my focus tensions

Where I'd like to be and what I'd like to be doing in ten years is: be in Australia, owning a 5 star restaurant

My goal in CAP is: to make Major



Support Search & Rescue

GET LOST !

I'd like to take a moment to thank everyone who participated in the joint training with Palisades SAR Dogs Association and the southern region bloodhound handlers with the NJ State Park Police on January 25th. It was a cool, brisk day which helped to keep people moving. I hope everyone got a chance to work with a bloodhound handler, an air-scent dog handler, and to be a 'lost subject' for the dogs. My fellow Palisades members Pat Pittore with K9s 'Sarge' and 'Pippin', Spring Pittore with K9 'Autumn', John Campbell with K9 'Marley', and Andrea Dente with K9s 'Belle' and 'Java' were all pleased with the opportunity to hold a joint training and to have 'lost subjects' that were unknown by the dogs. Officers Timothy Dore with K9 'Nicky' and Bruce Robeson with K9 'Lilly' welcome us back for additional trainings in the future.

What impressed me most on Sunday was the continued drive and enthusiasm of the Civil Air Patrol members. When a K9 handler is talking about 'drive', we are usually referencing the dogs. When we are looking for dogs with the potential to do great scent work, we look for high hunt and play drives, along with enthusiasm for 'the game'. I have found that in each of you, and I have to say that the CAP members who participated definitely have what it takes to be great ground SAR team members! I did not have to ask twice for a volunteer subject or ground support person. Your help is invaluable to K9 handlers, whether in training or on an actual SAR mission. Your knowledge of map and compass work, ability to flag gridlines, handling radio communications, and being an observant eye will be a great resource to K9 teams during missions. For those of you who did not get the chance to come out and play on Sunday, don't worry: 'Chaos', 'Riot', and I look forward to doing more practice exercises with the squadron in the coming months. So continue your support of search & rescue: get lost – for the dogs!

1Lt Diana Akeret

Health Services

Winter is definitely upon us. The airplane is being preheated so that it remains mission ready, and we are winterizing our equipment. We should also recognize that we need to winterize ourselves to avoid illness or injury in the cold winter months. *Following are a few tips to follow this winter.*

Exposure to cold can cause injury or serious illness such as frostbite or hypothermia. The likelihood of injury or illness depends on factors such as physical activity, clothing, wind, humidity, working and living conditions, and a person's age and state of health. Follow these tips to stay safe in cold weather:

1. Dress appropriately before going outdoors. The air temperature does not have to be below freezing for someone to experience cold emergencies such as hypothermia and frostbite. Wind speed can create dangerously cold conditions even when the temperature is not that low.
2. If possible, avoid being outside in the coldest part of the day, or for extended periods of time in extreme cold weather.
3. Dress in layers so you can adjust to changing conditions. Avoid overdressing or overexertion that can lead to heat illness.
4. Most of your body heat is lost through your head so wear a hat, preferably one that covers your ears.
5. Mittens provide more warmth to your hands than gloves. *(continued)*

6. Wear waterproof, insulated boots to help avoid hypothermia or frostbite by keeping your feet warm and dry and to maintain your footing in ice and snow.
7. Take frequent breaks and stay hydrated.
8. Get out of wet clothes immediately and warm the core body temperature with a blanket or warm fluids like hot cider or soup. Avoid drinking caffeine or alcohol if you expect you or someone you are trying to help has hypothermia or frostbite.

Recognize the symptoms of hypothermia that can be a serious medical condition: confusion, dizziness, exhaustion and severe shivering. Seek medical attention immediately if you have these symptoms.

Recognize frostbite warning signs: gray, white or yellow skin discoloration, numbness, waxy feeling skin. Seek medical attention immediately if you have these symptoms.

Major Richard Fellows, Health Services Officer

From the Pilots

NJ 009 is going to get two new pilots, SM Victor Hartley and 2Lt Williams (myself) are scheduled for the FORM5 this week and should have good weather to conduct the evaluation. Victor, a new pilot, offers a lot of enthusiasm, he is high performance and complex rated and can't stay on the ground long enough...Victor also likes cross country planning and will perform complex maneuvers with ease. 2Lt Williams is a bit short and needs a cushion under the rear to see over the dash, this shouldn't be a factor, he will bring two cushions. In any case, it is our goal to achieve the high standards requested of us. We wish well to all of those in the air and on the ground.

2Lt Lance Williams

(Update: both 2Lt Williams and SM Hartley passed their Form5's –in addition to Maj Fellows who was up for his annual renewal!)

From the Cadets

Today, I attended the NCSA and Cadet of the Year Review Boards at New Jersey Wing Headquarters at McGuire AFB. I have attended the NCSA boards three times before, however, this was my first time going in front of the Cadet of the Year board. Because I was nominated for Phase 3 Cadet of the Year, the board I went in front of was very large; it consisted of six cadets and senior members. During the board, I was asked several questions about aerospace, leadership, and current events. In addition, I also had to discuss the core values, mentoring, and my plans for the next five years. Despite the difficulty of the board, I feel that I did quite well, and I think my

chances of being New Jersey Wing Phase 3 Cadet of the Year are good.

As cadet commander, one of my main goals for the squadron in the next few months is to increase the cadet membership. Even if you are not on the staff, you can still help out with this. Bring one of your friends from school to a meeting, or tell them about it if they do not know. Also, if you know somebody in the squadron that has not been active recently, encourage them to start attending meetings. The more people we have, the more interesting and fun our meetings will be.

C/Capt Tristan Kooker

From the Cadets

During Christmas break I did a fair amount of things. I hung out with a lot of my friends and saw a lot of my family. I went to a lot of Middle's basketball games (the high school) and every time they won, so I'm happy. I visited with a lot of my family as well. I went up to North Jersey to stay at my Aunt Christen and Uncle Eric's house for Christmas Eve and Christmas morning. For Christmas night I went back home and had dinner at home. But other than that I had a great New Year and break!!

C/A1C Louis Sicilia

Two weekends ago former C/Calhoun visited me and my family here in Cape May. C/Quinn and I went to Maguire Air Force Base along with former C/Calhoun to meet up with the Dragon Drill Team. The official 13 slots were chosen with two alternates. We practiced our innovative accomplishing 30 seconds of the two minute required drill. Calhoun provided inspiration and a few laughs for the team. Our next practice is at the end of the this month where we will continue to perfect our skills. Not only are we working on our innovative, we are also working on academics, volleyball and other drill requirements in anticipation of our competition at the end of May.

C/TSgt Dylan Rutherford

Over the weekend, I attended a dog training course in Belleplain State Forest with some of the local dog search and rescue teams. There were bloodhounds, border collies, and labradors-all very good at what they do. I participated in a trailing dog hunt and a few air-scenting dog hunts; including the grid searching method that we applied. I must admit though, I enjoyed being the missing person more than the rescuer; it was very cool to be sitting alone in the woods and beginning to hear people and a dog in the distance, and then only a few minutes later you would find yourself with a big bloodhound in your lap licking your fingers for more liverwurst. This training exercise was very reassuring that if we had dogs during a

missing person search, the missing person would be much easier to find with a greater chance of finding them.

C/MSgt Craig Coughlin

Since my Dad is in the Coast Guard, my family and I move about every two years, and our next move will be this summer. We should find out where we will move this week. I want to move to Hawaii. If we can't move there, it would be nice to move to Alaska or Charleston, SC.

C/SrA Brendan Flynn

This week in school we are reviewing everything we did so far in the first two marking periods. We are doing so because of midterms next week. I am also studying for my first promotion. This way I can become a Cadet Airman. I just completed fifty push-ups (PT night). Capt Simon gave us a rewarding challenge. He said that whoever completed his challenge would win a dollar. I won his dollar. I challenged myself. It goes to show when you push yourself to achieve a goal you can accomplish it.

C/AB Alexander Hudson

Christmas vacation was great except that my grandparents couldn't come (they live in Florida). Anyway, they still sent us presents. I got an Ipod Touch from my parents and a distortion pedal for my guitar from my sister. My grandparents sent me an awesome T-shirt and candy. That was my Christmas vacation.

C/Amn Ryan Fontaine

A lot of things have been going on. Midterms at school are coming up. I was nominated for Cadet of the Year Phase One. I hope to make Staff Sergeant by the end of this month (Jan.), which also means I will be awarded the Wright Brothers Award. I hope to make it to Chief Master Sergeant by the end of this year.

C/SrA Dylan McLain (C/SSgt now)